

# 2 Small Pills

The Next Best Thing To Eating Right

 [Entries RSS](#) | [Comments RSS](#)

## Recent Posts

[What is CamuCamu?](#)

[What kind of salad do you like?](#)

[Wobbly Legs?](#)

[Why are you taking Synthetic Vitamins?](#)

[Additives: Potassium Chloride](#)

## Blog Sections

[Articles](#) (9)

[Environment](#) (1)

[Exercise](#) (4)

[Shopping](#) (3)

[Comments](#) (1)

[Food and Drink](#) (9)

[Additives](#) (1)

[Fast Food](#) (1)

[Healthy Food](#) (4)

[Juice](#) (3)

[Whole Foods](#) (2)

[Labels](#) (2)

## History

[May 2008](#) (4)

[April 2008](#) (2)

[February 2008](#) (1)

[January 2008](#) (7)

## What is CamuCamu?

Posted on **May 7th, 2008** by Shane

A recent discussion about glaucoma and other eye problems with [Dr. Heidi](#)\* brought up the ingredient CamuCamu ( *Myrciaria dubia* ) where she comments,

“ Two of the ingredients in both [Pops](#) – Camucamu (source of Vitamin C) and alpha lipoic acid are said to help with glaucoma. The bilberries and blueberries in the Purples are known to support vision in general. Antioxidants from fruits and vegetables may help or prevent macular degeneration.



I though this was good news for me and anyone else with problems with their eyes. It also set me to wondering just what exactly is Camu Camu and where does it come from? According to [Wikipedia](#), CamuCamu “*is a small (approx. 3-5 m tall) bushy river side tree from the Amazon Rainforest vegetation in Peru and Brazil, which bears a red/purple cherry like fruit*”. Cool, it's always nice to know what it is, but why is such a popular ingredient in healthy foods?

The fruit itself has an extraordinarily high concentration of Vitamin C which of course we all know that our body needs. In addition to the high vitamin C content it contains the amino acids [valine](#), [leucine](#) and [serine](#), and is also rich in [flavonoids](#). The problem is that over harvesting of wild camu camu is quickly make it an endangered species, but conservation efforts are underway according to the [Rainforest Conservation Fund](#).

### Sources of Camu Camu

So, other then an ingredient in my favorite whole food supplement, where else can a person find Camu Camu? Though the fruit is usually available as an ingredient in powered supplements, some suppliers are including it in [teas](#), [juices](#) and even [sour candies](#), though I still haven't seen any of these at my local health food store – yet.

### [Read more »](#)

Filed under: [Additives](#), [Food and Drink](#), [Healthy Food](#), [Juice](#) | Tagged: [camu camu](#), [fruit](#), [vision](#), [vitamin c](#) | [1 Comment »](#)

## What kind of salad do you like?

Posted on **May 6th, 2008** by Shane

So the other day I stepped on one of those digital bathroom scales just for fun. It was quite surprising to hear the thing yell “GET OFF!” Ok, it wasn't really a talking scale and it didn't actually tell me to get off, but that's the thought that went through my head when I read the scale – 245 pounds. What happened to 230? I am pretty sure that's what I weighed a few months ago!



## Recipes

[Ginger Pork](#)

[Ham & Shrimp Jambalaya](#)

## Recent Comments



Linda on [Additives: Potassium Chlo...](#)



Linda on [Additives: Potassium Chlo...](#)



denise on [Additives: Potassium Chlo...](#)



Robin on [What is CamuCamu?](#)



Paul Eilers on [Wobbly Legs?](#)

## Subscribe Today

[Updates via Email](#)

## Tags

[additive](#) [bike](#) [camu camu](#) [Conservation](#) [customer](#) [Environment](#) [Exercise](#) [food](#) [Fresh fruit](#) [Fruits](#) [healing](#) [Healthy](#) [infection](#) [Juice](#) [Labels](#) [Organic](#) [pain](#) [pops](#) [safe](#) [salad](#) [Shopping](#) [sodium](#) [synthetic](#) [toxic](#) [Vegetables](#) [vision](#) [vitamin c](#) [vitamins](#) [Warning](#) [Whole Foods](#)

## Healthy Information

[Health Gawker](#)

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

31

[« May](#)

## Most Popular

## Popularity

3,001 visitors so far!

Problem is I started a new job back in November, and it has kept me so busy I haven't had any time to prepare healthy lunches. I usually end up at Subway or Arby's for lunch. I seem to recall a few months back I vowed not to eat fast food any longer. Guess I haven't stuck to that much. Until now.

Starting on May 1st I have been having a salad for lunch. They generally consist of a leaf of Romaine lettuce, a generous helping of baby spinach leaves, cucumbers, tomatoes, a hard boiled egg and golden raisins – all of which are organic by the way. But that will quickly get boring, so I implore you to help me find other *healthy* items to add to my salad. I try to avoid bacon bits and croutons and those oily salad dressings and can usually tolerate my salad without them. But I feel the salad needs some protein – any suggestions?

I would love to build up my recipe collection and will be working on some fun salad recipes over the next couple of weeks. I have decided that I will only have a salad for lunch every day, including weekends, for the month of May and see how things go. I am hoping it will become a habit for me that I won't break. I'll even save a few bucks and maybe be able to put that savings towards a gym membership – if I can find one within walking or biking distance.

Filed under: [Articles](#), [Exercise](#), [Food and Drink](#), [Healthy Food](#) | Tagged: [Exercise](#), [food](#), [Healthy salad](#) | [Leave a Comment »](#)

## Wobbly Legs?

Posted on **May 5th, 2008** by Shane



So today I had the van in to the shop for an oil change and routine maintenance. I drove the van over and the owner drove me home and took the van back to the shop. After the work was done I told him I would come over so he didn't have to take time out of his busy schedule to bring it back to me. You see, the idea was that I would walk over for a little exercise. Then I had the bright idea to get my bike out and

ride – it's only 4 blocks so how bad could it be?

Well, it had been about a decade since I last rode a bike, so needless to say my legs were out of shape for pumping even that short 4 blocks. I'd like to say it was an uphill battle, cause it sure felt like it, but it's a relatively flat ride up there, and some of it was even downhill. I didn't feel too bad after riding the four blocks – in fact, I was feeling pretty good – I had finally gotten some much needed exercise. Then I got off the bike. The guys in the shop couldn't stop laughing as I stumbled on what felt like newborn legs up to the office. It took about 10 minutes to walk what is essentially only 30 feet. I felt like an idiot.

So why am I telling you this? No reason really. It's more for me to get this out into the world so each time I come to my blog for the next few days I get this reminder that I am out of shape. Maybe, just maybe that will encourage me to get out and ride a few blocks every day – and eventually build into a few miles. Now, I don't think I will be riding in any bike races any time soon, but I'm young so there's time. For now I will just stick to riding to the end of the block and back to get the mail.

Filed under: [Articles](#), [Exercise](#) | Tagged: [bike](#), [Exercise](#), [Healthy](#), [pain](#) | [1 Comment »](#)

## Why are you taking Synthetic Vitamins?

Posted on **May 4th, 2008** by Shane

Some of you know me, many probably don't. I have been taking [The Pops](#) for over a year now and don't even have any other supplement in my home anymore. Back in November I went to work for a new company and there are several there who claim to be "getting healthy". I see them eating salads for lunch, which I myself have started doing, and other things such as cutting back on soda and sweets – something I am slowly doing (side note: I haven't had a soda in 6 months, and rarely in the past two years). I also see these same people taking a daily walk or now that the weather is nice a few even ride a bicycle to work.



[Help Promote The Pops](#)

[Whole Food Nation](#)

## Personal Blogs

[Shane Lambert](#)

## Whole Food Markets

[Local Harvest](#)

[Whole Earth Grocery](#)

[Whole Foods Market](#)

## Spam Blocked

**597**  
spam comments

Then I see it! Gulp, “Centrum” bottles in their cubicles. So off to the [web site](#) to see the ingredients:

“ Dibasic Calcium Phosphate, Calcium Carbonate, Potassium Chloride, Microcrystalline Cellulose, Ascorbic Acid (Vit. C), Magnesium Oxide, dl-Alpha-Tocopheryl Acetate (Vit. E), Modified Food Starch. **Contains < 2%:** Acacia, Anhydrous Citric Acid, Ascorbyl Palmitate, Beta-Carotene, Biotin, Boric Acid, BHT, Calcium Pantothenate, Calcium Stearate, Cholecalciferol (Vit. D<sub>3</sub>), Chromium Picolinate, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin (Vit. B<sub>12</sub>), dl-Alpha-Tocopherol, FD&C Blue No. 2 Aluminum Lake, FD&C Red No. 40 Aluminum Lake, FD&C Yellow No. 6 Aluminum Lake, Folic Acid, Gelatin, Hydrogenated Palm Oil, Hypromellose, Lutein, Lycopene, Manganese Sulfate, Medium-Chain Triglycerides, Niacinamide, Nickelous Sulfate, Phytonadione (Vit. K), Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pregelatinized Corn Starch, Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Silicon Dioxide, Sodium Ascorbate, Sodium Benzoate, Sodium Borate, Sodium Citrate, Sodium Metavanadate, Sodium Molybdate, Sodium Selenate, Sorbic Acid, Sucrose, Talc, Thiamine Mononitrate (Vit. B<sub>1</sub>), Titanium Dioxide, Tricalcium Phosphate, Vitamin A Acetate (Vit. A), Zinc Oxide. **May also contain < 2%:** Maltodextrin, Sodium Aluminum Silicate.

Wow! Look at all that synthetic garbage in this healthy product. Not sure what is synthetic and what's actually good for you? Check out the report [Are Your Vitamins Safe?](#) and find out for yourself!

Filed under: [Articles](#), [Labels](#), [Whole Foods](#) | Tagged: [safe](#), [synthetic](#), [vitamins](#) | [3 Comments](#) »

## [Additives: Potassium Chloride](#)

Posted on **April 29th, 2008** by Shane

I see this ingredient in a lot of foods that I buy, and have always wondered just what this actually is and if we should be eating it. Would Campbell's really put this in their Chicken Noodle Soup if it wasn't good for us? I won't pass judgment on it just yet, but let me share with you what I have found out, then you can tell me what you think.

To start, I went to the page about [Potassium Chloride](#) on [Wikipedia](#) – that was a mistake. Take a look at this excerpt from the page:

“ The majority of the potassium chloride produced is used for making fertilizer, since the growth of many plants is limited by their potassium intake.

Fertilizer! Why are manufacturers using an ingredient primarily used for fertilizer in our food? Is it listed in the ingredients only because the other ingredients used were fertilized with fertilizer made with Potassium Chloride? Or is it added for some other reason? I kept reading the WikiPedia article:

“ ...and in judicial execution through lethal injection. It is sometimes used in water as a completion fluid in oil and gas operations.

This sure doesn't make me want to run out and buy food with this additive. And how about this:

“ Potassium chloride makes up 70% of Ace Hardware's allegedly pet and vegetarian friendly “Ice Melt”

Well, still nothing about why it is in the food, until you get to this:

“ Potassium is vital in the human body and oral potassium chloride is the common means to replenish it, although it can also be diluted and given intravenously (of course, in concentrations much lower than those used in executions). It can be used as a salt substitute for food, but due to its weak, bitter, unsalty flavor, it is usually mixed with regular salt, sodium chloride, for

this purpose to improve the taste (for example, in Morton Lite Salt.

So now I am lost. It goes on to talk about how in excess it is toxic, but only as toxic as regular salt. So does this mean using it as a food additive is safe? The FDA surely thinks it is, but I just can't get over the fact that it is used in fertilizers and lethal injections. Now I want to hear from you Whole Food Junkies what you think.

Filed under: [Food and Drink](#) | Tagged: [additive](#), [food](#), [sodium](#), [toxic](#) | [3 Comments »](#)

## Customer Comments

Posted on **April 3rd, 2008** by Shane

Today I received an e-mail from one of my customers who recently decided to stop taking The Pops. When I asked him why, he responded...



“ I used the products daily. But I'm on other meds too and I think I started becoming overwhelmed with taking two extra medications a date (I still use them regularly).

I wasn't quite sure how to respond at first, but then I thought I would tell the story of how I feel The Pops helped me a while back. A few months ago I was diagnosed with a [bacterial](#) infection – nothing serious or life threatening, but I needed to be on antibiotics for it. I spoke with a friend at [Whole Food Nation](#), the company behind The Pops, to see if I should be taking them along with this strong antibiotic . She told me that I should take them as well since they could very well speed the recovery process, so I followed her advice.

Now, I can't say for certain that taking The Pops along with the antibiotics caused this, but I was feeling a lot better and the infection seemed to be gone in only a few days, unlike the 10-14 days my internist told me it would take. I also spoke to my internist afterwards and told him about The Pops. He looked over the ingredients and agreed that they very likely had a positive affect on the antibiotics, but more importantly that they will certainly have a positive effect on my body as a whole. Not that I needed his endorsement of the product.

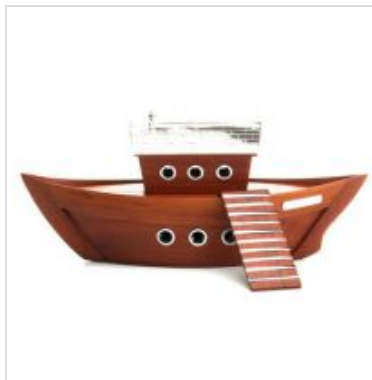
So, what would you have told this person?

Filed under: [Articles](#), [Comments](#) | Tagged: [customer](#), [healing](#), [infection](#), [pops](#) | [2 Comments »](#)

## Acts of Random Kindness

Posted on **February 29th, 2008** by Shane

The other day I watched the movie [Evan Almighty](#) and learned that ARK stood for “Acts of Random Kindness”, at least in the movie. I started thinking about how the concepts of ARK can apply to being and eating healthier. “Acts of Random Kindness” doesn't have to mean kindness you show to others, though you should always do this to make our world a happier place. No, in fact, ARK could mean kindness towards yourself, for if you are not kind to you and your body, how could your body ever be kind to anyone else. After all, you need to be around to commit those “Acts of Random Kindness”, right.



So let's all make a point starting today that at least once every 4 years we commit one Act of Random Kindness towards ourselves. Ok, maybe we should do it more then once every 4 years, but since February 29th only comes around once every four years, and since most Americans have a hard time committing to anything other then eating wrong, it's a good place to start. For those of you that really care about yourself and how long you will live, strive for once a year, or once a month, or like me, strive for once a week!

I'll start the thought process going. Today, as an Act of Random Kindness to my body, I am going to start parking in the farthest spot in the parking lot at work, making my commute a few minutes longer but giving my body a bit more of a workout. No longer will I park as close to the door as I can. Sure, it's only another 30 or 35 steps to my cubicle, but 30 steps a day over 250 work days in a year equals 7500 extra steps per year. They really add up.

So, start thinking about how you can commit Acts of Random Kindness towards yourself, so yourself can commit Acts of Random Kindness towards others. And feel free to share your ideas in a comment here so others can follow our wonderful examples. Good luck and good health!

Filed under: [Articles](#), [Exercise](#), [Food and Drink](#), [Healthy Food](#) | [Leave a Comment »](#)

[Next Page »](#)

[Blog at WordPress.com](#). Theme: Digg 3 Column by WP Designer.